

10/7/08.

Pock Runners win the Road Race league

POCKLINGTON Runners have made club history dominating the York and District Road Race League 2008.

Race four was held at Bishop Wilton and Pocklington's Tom Danby once again led the race, winning easily in a time of 35.03, securing his title as the overall winner of the 2008 series.

Pocklington's Dennis Speck also ran a strong race claiming third place in 36.45, and third place overall in the series.

Fifteen of the club's twenty six runners on the evening finished the race in the top fifty, keeping Pocklington well in the prizes.

Tuesday 1st July was the last race in the league and took place in Selby. The warm and humid weather dampened the dreams of 'pb' potential on the only fast flat course of the series, yet, Pocklington runners still managed to put in some fantastic performances to see them go forward to win the YRRL for the first time in the history of the club.

Pocklington's "A" team included Tom Danby, Dennis Speck, Ed Rawlings, Paul Tatterton, Helen Cross, Kev Norman, Steve Wood, Simon Richardson, and Richard Ginn, who all ran the 10k

races consistently under 40 minutes in this year's series to claim the open team prize for Pocklington Runners.

Yet again Tom Danby was first man home for Pocklington in 33.12, Simon Richardson completed the course in 38.02 securing the male V45 title, Helen Cross was second lady in 38.05 finishing third lady overall in the series and Jackie Robinson ran in a time of 51.30, finishing first in her age category on the night and second V55 overall in the series.

Congratulations to all the Pocklington Runners who have taken part in this year's summer league competition, and made it a historical success.

Overall results: men
Tom Danby 1st; Dennis

Speck 3rd; Ed Rawlings 12th Simon Richardson 13th & 1st V45; Paul Tatterton 14th; Kev Norman 18th; Stephen Wood 18th; Richard Ginn 21st; Jim Holding 26th; Stephen Worth 34th; Mike Siddall 35th; Alan Kendra 37th; Patrick Piggott 40th; Howard Cross 43rd; Paul Holmes 53rd; Marcus Bourne 70th; Brian Perkins 78th.

Overall results: female
Helen Cross 3rd; Alison Thornton 14th; Jill Dowson 16th; Sue Vickery 25th; Fay Jessop 26th; Jackie Robinson 31st Suzzie Siddall 32nd.

□ The reverse handicap race will be held at Stillington on Tuesday 15th July, and the awards ceremony will be held after at the sports club afterwards.



Tom Danby - overall men's winner



Helen Cross - third lady overall